

# Healthy Home Resources For Extreme Weather

## EXTREME WEATHER EVENTS

Extreme heat, extreme cold, winter storms, poor air quality, and wildfires occur in Oregon. Some people can get sick during these events. People at higher risk of getting sick from extreme weather include older adults, children, pregnant women, people with chronic conditions, outdoor workers, and more. Use these resources and services to keep your home safe and healthy.

## HEALTHY HOME RESOURCES

Find all Resources at [Prepare.MCHealthy.Net](https://Prepare.MCHealthy.Net)

### For Everyone:

- [Sign up for Marion-Polk Alerts](#): Be Prepared! Scan the QR-Code to receive emergency alerts.
- [Energytrust.org](https://Energytrust.org): Savings & incentives for home cooling, heating, weatherization, and energy upgrades.
- [Oregon.gov/Energy/Incentives](https://Oregon.gov/Energy/Incentives): Savings & incentives for home energy and health upgrades.



### Additional Assistance:

- [2-1-1](#): Find warming/cooling shelters, help paying bills, childcare, food assistance, and help with almost anything. Call 2-1-1 | Visit [211info.org](https://211info.org).
- [SeedsfortheSol.org](https://SeedsfortheSol.org): Free home energy assessments, incentives, and loans/funding for income qualifying households.
- [Cherriots.org](https://Cherriots.org): Free bus transportation is provided to and from open warming/cooling shelters.
- [Health Insurance](#): You may qualify for free extreme weather home upgrades (such as A/C, heating, air purification installations and repairs) due to a medical condition or another reason. Ask your insurance about flexible funds. If you are on OHP, ask about [Health-Related Social Needs](#).
- [USDA Section 504 Home Repair program](#): For very low-income homeowners outside Salem. \$40,000, 1% interest loans to repair homes, and \$10,000 grants to older adults 62+ to remove health and safety hazards.

### Additional Resources:

- [Social Media](#): Find general health alerts and notifications at: [facebook.com/MarionCountyHealth](https://facebook.com/MarionCountyHealth).
- [Mental Health and Suicide Crisis Line](#): Call 9-8-8 or visit [988lifeline.org](https://988lifeline.org).

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Phone: 503-588-5342  
Emergency Preparedness: [PublicHealthEP@co.marion.or.us](mailto:PublicHealthEP@co.marion.or.us)  
Environmental Resiliency: [MCHDPrevention@co.marion.or.us](mailto:MCHDPrevention@co.marion.or.us)  
3160 Center Street NE Salem, OR 97302





# Stay Healthy During Extreme Weather

**Create a healthy home:** Seal gaps in doors and windows. Keep your home at a safe temperature with clean air indoors. Find ideas and discounts to cool, heat, clean indoor air, and prepare your home on our website.

**Know the risks:** Set your phone's Weather App to notify you when there is "Severe Weather."

**Check on loved ones** who are older, younger, work outdoors, or have a health condition.

## Extreme Heat

- **Stay cool:** Just a few hours a day in cool spaces can prevent heat exhaustion. When outside, wear light clothing, sunscreen, and rest often. Keep outdoor activity to the morning or evening if you can. Keep indoor places below 82°F if possible.
- **Stay hydrated:** When it is hot, drink more water than normal. When you sweat, consider a sports drink. Avoid sugary drinks and alcohol.
- **Stay informed:** Download the [Heat Safety App](#) at [Prepare.MCHealthy.Net](https://www.prepare.mchealthy.net).

## Extreme Cold & Winter Storms

- **Stay warm:** Temperature, humidity, and wind can make the temperature feel colder. When outside on cold days, wear multiple layers and stay dry. Drive safely in poor conditions. When indoors, keep temperatures between 64-75°F and maintain healthy air.
- **Be prepared:** Be ready for bad weather this winter. [Be Two Weeks Ready](#) for any emergency at home. Keep an emergency kit in your car. Create a family communication plan.
- **Stay informed:** Find safety, road closures, and shelter locations at [Prepare.MCHealthy.Net](https://www.prepare.mchealthy.net).

## Poor Air Quality

- **Breathe clean air:** Wildfire smoke and inversion can cause poor air quality. Indoors, air can be 2-5 times more polluted than outdoor air if not properly filtered. This can be caused by wildfire smoke, carbon monoxide, radon, dust, pet dander, mold, and more.
- **Be prepared:** Take steps to improve your air quality inside so you know you're safe. Use MERV-13 or HEPA furnace air filters and replace them every 3-6 months. Use a portable air filter for added protection. Keep fitted N95 masks on hand.
- **Stay informed:** Create a low cost air purifier and find health info at [Prepare.MCHealthy.Net](https://www.prepare.mchealthy.net).



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